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## THE POWER OF POSITIVE PINKING

METRO GUEST COLUMNIST RICK MERCER REVEALS WHY HE'LL BE WEARING PINK WEDNESDAY TO HELP PUT AN END TO BULLYING

PAGE 11



## Crown argues girls set up trap

13-year-old girl who thought she was going to a sleepover was instead pimped out by other girls, Ottawa courtroom hears

PAGE 6



## INSENS NIGHT OF PARTYING

Possibly getting into the Senators spirit ahead of her May 2 concert at Scotiabank Place, Rihanna was photographed Sunday in West Hollywood in a Senators heritage jersey. She later tweeted a photo of herself wearing the same jersey next to a piano, and a photo of her leg Monday morning sporting the same shoe she's wearing in this photo. "Evidence of an epic night!!! #wokeupinmyTomFordes" the controversial singer tweeted. MCAF/SPLASH NEWS

# Federal layoffs will go deeper, affect public more than advertised: Report

**CCPA.** Agency predicts the public service will lose 28,700 jobs between March 2012 and March 2016



**GRAHAM LANKTREE**

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Not only will cuts to federal workers and departments be deeper than once thought, they will have broad impact on the services Canadians receive, rather than reducing "back office" fat, said experts and unions on the heels of a new report Monday.

"It's ironic that in order to have hard facts we've had to rely on outside information coming from a non-profit organization," said Doug Marshall, national president of the Union of National Employees, of a new report by the Canadian Centre for Policy Alternatives (CCPA).

"The report The Fog Finally Clears shows we need more information," said Marshall, pointing out that parliamentary budget officer Kevin Page was not given access to the full extent of the cuts in the 2012 budget. "This is an excellent

### By the numbers

# 35%

Percentage of staff at Statistics Canada that will lose their jobs, according to a report by research institute Canadian Centre for Policy Alternatives

explanation of what really is happening and based on the government's own department data."

Using data from 180 federal departments, David Macdonald, a senior economist with the CCPA, said Statistics Canada is set to lose a third of its staff, Human Resources and Skills Development will lose 24 per cent, and the government's claim of 19,200 staff jettisoned over three years will balloon to 28,700 by 2016.

"This is the first look at what the departments are planning the impacts to be," he said. "We're going to do it through cutting veterans health care, or animal and

food safety. There's a real disconnect between the information we know now and balancing the budget a year or two early. Parliamentarians didn't know any of this stuff when they voted on it."

With so many StatsCan jobs on the chopping block, it is inevitable that data-based decisions will be affected, said Macdonald.

"This is really unfortunate. In terms of doing policy analysis, this is a significant cut," he said.

For example, the most recent budget indicated that there were deficiencies in skills and training for many Canadian workers, but the survey that would have told the government where to best invest its money was cancelled due to budget cuts last year, Macdonald said.

He said it isn't just federal programs that will suffer.

"There's heavy reliance on this data from businesses. There's heavy reliance on this data by the provinces," he said.

### Why data matters

**"If you don't know what's going on, it's difficult to make good policy."**

David Macdonald, senior economist with the CCPA



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## 'Pandemonium'

### Rick Ross show gets the axe

Protesters who organized a Facebook campaign calling for the cancellation of a Rick Ross concert planned for Tuesday night at the Ernst and Young Centre say they are pleased organizers have pulled the plug on the show.

Following days of outcry over lyrics in a Ross song called U.O.E.N.O. that many interpreted as celebrat-

ating date rape, the promoter of the show, Urban Jamz, tweeted it had cancelled the event



**Rick Ross** INVISION/  
THE ASSOCIATED PRESS

over "unforeseen circumstances" and also claimed unspecified security concerns.

The event had been planned as part of annual "Pandemonium" celebrations typically organized by local post-secondary schools. But the University of Ottawa's student union pulled out of the event, and later Carleton University's student association also issued statements saying it would no longer participate. **METRO**

## Blackcreek Road

### Farmhouse fire shuts street

Blackcreek Road was closed for several hours Monday while firefighters battled a blaze in a single-family home.

Around 11:43 a.m. Ottawa Fire Services responded to 1968 Blackcreek Rd. for a structure fire at a two-storey farmhouse. The owner, who had been working in the barn, called 911 when he noticed smoke coming from the eaves of the house, said Ottawa fire spokesman Marc Messier.

Firefighters gained entry in the home and reported heavy fire and smoke conditions. They found the fire appeared to have started in the kitchen.

The owner was not injured, but he and his son were displaced from the home. Crews stayed on the scene into the evening on fire watch.

Damage was estimated at \$250,000 to the building and \$75,000 to the contents. **METRO**



A sample of daycare worker Neil Galliou's illustrations for children. FACEBOOK.COM

# Daycare shooting victim was gifted kids' artist

**Gatineau.** There's no indication of love triangle in deadly incident, say police



**GRAHAM LANKTREE**  
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How a talented young daycare worker killed in Gatineau Friday became the target of a rampage by a Montessori school's former handyman is a mystery, the city's police force said Monday, indicating there is no evidence to suggest he was involved in a love triangle.

"Mr. Galliou was in Canada for the last year. He was here to exchange on best practices and learn in this domain," said Gatineau police Chief Mario Harel of 38-year-old Neil Galliou of Brest, France.

Galliou loved to draw for kids and showcased many examples of his work on his Facebook page.

"His family told us that Mr. Galliou wished to return to France in a short while to put his knowledge to the use of kids there in an artistic context," he said.

Police revealed Galliou's name Monday after reaching his family over the weekend following the shooting at the

Racines de Vie Montessori last Friday. Police confirmed that the shooter, Robert Charron, had recently gone through a messy separation from the director of the daycare.

A search of Charron's home, police said, turned up a suicide note, but no indication that the killing was motivated by a love triangle involving Galliou and the director.

"We don't have any information that somebody else was in the picture. We're still investigating the meaning of all this," said Harel, confirming that the director and the office of the daycare at 225 Gamelin St. was sprayed with an accelerant that Charron at-

tempted to ignite after killing Galliou.

Somehow the director managed to get away and escape the building before Charron opened fire again, ending his own life, police said, indicating that the woman is just now calming down enough to speak about the attack.

In total, 53 children were present at the daycare during the shooting, police said. Charron told workers to get them out of the building before he opened fire inside with a registered hunting shotgun.

"Self-control and great reaction from the staff permitted the kids to get away from this environment," said Harel.

## Take a wine tour with premier sommelier

After she became the first woman to slide into the top three at the Olympics of wine tasting in the Best Sommelier of the World competition in Tokyo last month, Ottawa wine expert Véronique Rivest is ready to give your taste buds a world tour.

"It becomes easy to lose yourself in the poetry of wine," said Rivest ahead of a special dinner Wednesday at Algonquin College, her alma

mater where she honed her craft. There she will do a blind taste test, a tutored wine tasting of six wines, and will pair the wines with plates being served to lucky diners.

"It's years and years of work. You don't just decide to try to compete in these," said Rivest of her most recent win. Even getting to second place, she said, only came after a six-year quest to make it into the top three.

The key? Study, study, study, said Rivest, a frequent collaborator on the wine list of legendary Restaurant Les Fougères in Chelsea, whose preparation included trips to New York, Toronto and Montreal to train with the best.

See Rivest in action on Wednesday at 7 p.m. during the Best Sommelier of the World fundraiser. Tickets are \$113.

**GRAHAM LANKTREE/METRO**



**Sommelier Véronique Rivest** is delivering a wine-tasting dinner at Algonquin College on Wednesday. COURTESY OF ALGONQUIN COLLEGE



# City fights back as vacant heritage buildings lure drug users, homeless

**Eyesores.** Measures could include stricter enforcement and charging owners annual permit fees to keep properties empty



**JOE LOFARO**  
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City staff have put together a "shopping list" of measures to reduce the number of vacant heritage buildings they say have become eyesores frequented by drug users and the homeless.

Linda Anderson, the city's chief of bylaw and regulatory services, told the built heritage subcommittee Monday the plan is to more vigorously enforce existing property standard bylaws for heritage build-

ings and introduce some new bylaws.

Most vacant heritage buildings can be found in Centretown and Lowertown. Committee members saw photos of buildings on Murray Street and Wilbrod Street with boarded-up windows and deteriorating roofs.

One of the new measures is to enforce an annual permit of \$2,000 to owners of heritage buildings to keep them vacant. In 2010, the City of Winnipeg implemented this bylaw, which saw permit fees increase by at least \$1,000 each year.

"The idea behind that is to make sure the city is recovering the cost that we bear for vacant buildings," said Anderson. "The longer a building stays vacant, the more frequently we have to deal with graffiti, needle issues, (and) homeless people perhaps getting inside."

Anderson added the owners would still have to maintain



As part of a presentation to the built heritage subcommittee, city staff cited properties at 207-209 Murray St., 260 Murray St. and 197-201 Wilbrod Street as examples of heritage buildings that had fallen into disrepair. PROVIDED/CITY OF OTTAWA

the buildings to normal property standards. The fee would apply once the city gets the amendments to the bylaw in place.

Another measure she introduced at Monday's meeting is to go to the province to limit the property tax reduction on vacant properties. They also

suggested implementing a higher standard for repairing and maintaining vacant heritage buildings and requiring fire escape plans for commercial

buildings.

The community and protective services committee will have a chance to provide input on the strategy on April 18.

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# Topless pic of cancer survivor goes viral

**Breast cancer.** Ottawa woman says tattoos represent the disease leaving her body

Kelly Davidson doesn't have breasts, but she is alive.

That's what the three-time cancer survivor remembers every time she stands naked

in front of a mirror. Where her breasts used to be, there is now an elaborate tattoo of a fairy, forest and butterflies.

"It reminds me every day of the battles that I've overcome," she says. "I've won this war and hopefully I've beat it completely."

But when Davidson, a 34-year-old Ottawa medical assistant, posted a topless photo of herself to Facebook,

she didn't expect it to attract more than half a million "likes" and be shared by more than 90,000 people.

The photo went viral after she posted it on Why We Ink, a Facebook page for people with tattoos that mark their own battles with cancer or honour loved ones who have died from the disease.

Davidson first grappled with cancer at age 11 when

**Symbolic**

**"It's my badge of honour and strength."**

Kelly Davidson

she was diagnosed with Hodgkin's lymphoma. At 28, she learned she had breast cancer, prompting two mastectomies.

But rather than get recon-

structive surgery, Davidson opted for a tattoo. She had already been inked a few times and chose a fantasy scene with butterflies to symbolize the cancer leaving her body.

"I decided to turn this negative thing into a positive, and put a beautiful piece of artwork in place of something that to a lot of people is really devastating," she says.

TORSTAR NEWS SERVICE



Kelly Davidson CONTRIBUTED



## 'Buckets' on bullies and balls

Harlem Globetrotter Anthony "Buckets" Blakes swings a basketball around his body during a brief performance at the Boys and Girls Club of Ottawa Monday. Blakes spoke to youth about the ABCs of bullying prevention: action, bravery and compassion, and about the history of the ball-spinning team. The Goodwill Ambassador also taught a few tricks and let the youth try their hand at manoeuvring a basketball like a pro. The visit came days before the Globetrotters perform at Scotiabank Place. Tickets for the April 11 event start at \$15 and are available at capitaltickets.ca. JOE LOFARO/METRO

**Quebecoise chanteuse**

## Ariane Moffatt to make NAC debut

Singer-songwriter Ariane Moffatt will perform pieces from her latest album on April 18, in her first appearance at the National Arts Centre. Opening is Fanny Bloom, formerly of electro-pop group La Patère Rose.

Tickets are on sale at the NAC, Ticketmaster, by phone at 1-888-991-2787 or online at nac-cna.ca. METRO

**Charity auction**

## Rolling in the dough (and paint)

For the second year, children are creating art that will be auctioned on April 29. The charity auction is for the Ottawa Children's Treatment Centre Foundation. Students will roll their wheelchairs through paint and onto canvas repeatedly to produce abstract designs that are then stretched and framed. METRO

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# Girls plead not guilty to pimping other girls

**Trial begins.** Teens accused of running child-prostitution ring



**JESSICA SMITH**  
jessica.smith@metronews.ca

The youngest victim of a prostitution ring, then 13, believed

she was heading to a sleepover with girls not much older than her whom she'd met online — but instead she was drugged, stripped, photographed and pimped out, the Crown alleges.

Crown lawyers began building their case Monday against three teenage girls, two aged 15 and one 16 when they allegedly ran a prostitution ring in Ottawa last year.

All three pleaded not guilty

to 36 charges, including human trafficking, forcible confinement, assault, robbery and uttering threats. They are the first minors in Canada to be charged with human trafficking.

Two of the defendants are facing more charges, including three counts of making child pornography for allegedly taking photos of the victims and sending them to johns, as well as kidnapping, invitation to

sexual touching and sexual assault.

The Youth Criminal Justice Act prevents the identification of the accused and their alleged victims.

Crown lawyers Julien Lalonde and Fara Rupert said their case will be built on the testimony of victims, some of the pimps, and witnesses whom the girls talked to, as well as Facebook conversations, tweets

and photos taken from the phone of one of the accused.

The Crown believes the accused befriended other girls and then, through threats and violence, forced them to cooperate with their plans.

According to the Crown, four girls were forced to perform sex acts, including oral and vaginal sex. Two others were beaten, stripped and photographed, lawyers allege.

## Into their world

The first witness described the graffiti officers found in one of the accused girls' bedrooms, including phrases like "We say FK the police in my house," "Money make me come" and "Jiiizzzz" (slang for ejaculate) on the walls.

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## Magnotta hearing in final week

Daran Lin, father of victim Jun Lin, leaves the court Monday as the preliminary hearing of Luka Rocco Magnotta enters its final week in Montreal. Magnotta sat impassively as a friend of Jun Lin answered questions from Crown and defence lawyers. RYAN REMIOWZ/THE CANADIAN PRESS

## Alysena 28. Birth-control pills recalled for fear of containing extra placebos

The maker of the birth-control pill Alysena 28 has issued an urgent recall after it was discovered that one lot of the contraceptive may have been incorrectly packaged with only two weeks of drug-containing tablets instead of three.

Women taking the incorrectly packaged pill would not receive the proper amount of contraceptive, raising the possibility of an unplanned pregnancy.

In a recall notice distributed by Health Canada, Apo-

tex Inc. said the product's 28-day blister packs should include 21 active birth-control pills plus seven placebo tablets that contain no drug.

Apotex said blister packs in the affected lot — LF01899A — may instead contain 14 placebo pills and 14 active contraceptive tablets.

Alysena 28 is sold in British Columbia, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, P.E.I. and Quebec.

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## Poland. Jewish youths honour Holocaust victims

Thousands of young people from Israel and other countries marched in silence Monday at Auschwitz-Birkenau, the former Nazi death camp in Poland, to pay homage to six million Jews killed during the Holocaust. They walked between the two main sections of the complex, Auschwitz and Birkenau. **THE ASSOCIATED PRESS**



Youths march to honour the dead.  
ALIK KEPLICZ/THE ASSOCIATED PRESS

## Ireland. Inquest opens into fatal abortion refusal

The widower of an Indian woman who died in an Irish hospital after being denied an abortion has told a coroner's inquest that a doctor denied her a termination on the grounds that "Ireland is a Catholic country."

Praveen Halappanavar made a lengthy statement Monday at the start of an investigation into why his 31-year-old

wife, Savita, died at University Galway Hospital last October.

The hospital has already apologized. The inquest seeks to determine whether Halappanavar died because her miscarried fetus was not aborted despite severe pain.

Abortion remains outlawed in Ireland except in life-threatening cases.

**THE ASSOCIATED PRESS**



Margaret Thatcher and Pierre Trudeau are shown in Australia in this Oct. 4, 1981, photo. Thatcher died of a stroke on Monday. **THE CANADIAN PRESS FILE**

## Canadians remember the Iron Lady

**Dead at 87.** Political patrons and opponents reflect on Britain's polarizing PM

the freedom and the prosperity and opportunity that so many people around the world enjoy today," Prime Minister Stephen Harper told a news conference.

Liberal Bob Rae, while disowning Thatcher's politics, echoed that sentiment.

"Mrs. Thatcher served as British prime minister for more than a decade and in many ways defined conservative politics of her time," Rae said.

While the Conservative leader was the odd woman out on the right in the international scene when she came to power in 1979, she was soon joined by ideological cousins, including Ronald Reagan in Washington and Brian Mulroney in Ottawa.

**THE CANADIAN PRESS**

A giant, an inspiration and an Iron Lady who rejuvenated conservative politics: that's how Margaret Thatcher, who died Monday of a stroke at age 87, was remembered Monday by Canadian politicians as they weighed in on the death of an influential British leader.

"I think if you look at the sweep of her life, what she did — not just in Britain, but what she did on the world stage — really laid the groundwork for

### 5 things about Maggie

**1** She wasn't called The Iron Lady for nothing. Shaped by a hard-line political and economic stance, Thatcher shut down national coal mines, slashed social spending, refused to recognize Northern Irish political prisoners and introduced a "poll tax."

**2** Thatcher, when elected in 1979, became Britain's first and so far only female prime minister, and the West's first female head of government. Her political dominance and leadership helped her in three consecutive terms, and inspired women worldwide to break the glass ceiling of male-dominated politics.

**3** With her fondness for the private sector, deregulation and big missiles, Maggie embodied the zeitgeist of the

1980s and she was loved for it. The 1982 Falklands War boosted her popularity, while she and Ronald Reagan formed a power couple in taking down the communist bloc.

**4** The tireless Thatcher famously said while in power she could get by on just four hours a night. She joins the genetically blessed "Sleepless Elite," a band of top historical figures and leaders (Napoleon, Da Vinci, Churchill and Florence Nightingale) who needed five hours or less of shut-eye.

**5** Her sense of style was as powerful as her politics. Sporting a helmet of deep strawberry hair, broad Royal blue skirt suits, and the famous handbag, Thatcher pioneered the "I'm shoulder to shoulder with men" look.

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COMPANIES LIMITED

# Federal policy enabled RBC outsourcing mess, says immigration expert

## Foreign workers.

Firms are responding to incentives Ottawa created, lawyer notes

Observers say the controversy over the Royal Bank of Canada's decision to outsource dozens of Toronto jobs is part of an alarming trend bolstered by government policy.

Immigration law expert Audrey Macklin says the government encourages companies to employ temporary foreign workers either directly or indirectly by processing their immigration documents faster and by allowing companies to pay those workers up to 15 per cent less than Canadians.

She says a company like RBC is simply responding to incentives the government has created.

Human Resources minis-

## Contractor investigated

- The federal government is investigating iGate, the contractor being used by RBC to outsource dozens of Toronto jobs.

- A spokeswoman for Human Resources Minister Diane Finley says the investigation is based on discrepancies

between public statements by RBC and information previously provided to the government by iGate.

- To obtain permits for temporary foreign workers, companies need to show a Canadian cannot be found to do the work.

ter Diane Finley has said the Temporary Foreign Worker Program is only to fill "acute labour needs" when Canadians aren't available for the work required.

But NDP Leader Tom Mulcair says the Conservative government has done nothing to stop a situation like RBC's, which he says is depriving Canadians of their livelihoods.

RBC has repeatedly said it did not hire foreign workers

to take over the job functions of current employees, but said it used the services of outside companies to improve "operational effectiveness."

Many Canadians have expressed outrage and even threatened to close their accounts upon learning that Canada's largest bank had outsourced the jobs of 45 Toronto employees to an external supplier.

THE CANADIAN PRESS



## Putin just loves those topless trade missions

A topless demonstrator with messages written on her back walks toward Russian President Vladimir Putin, left, as he toured a trade fair in Hannover, Germany, with German Chancellor Angela Merkel on Monday. The trip underlines Russia's interest in developing foreign trade, including further business ties with Germany. JOCHEN LUEBKE/DPA/THE ASSOCIATED PRESS

## One-day event

### McDonald's to stage hiring blitz

McDonald's will hire more than 6,000 people on Thursday. Job seekers are being invited to apply in person at their local McDonald's. Those unable to apply in person can go to [worksforme.ca](http://worksforme.ca) to submit applications.

TORSTAR NEWS SERVICE

## Market Minute



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## California. Trial over lead-warning labels on baby food underway

A trial began on Monday in a lawsuit filed by an environmental group against the U.S.'s largest baby food makers aimed at forcing the companies to alert consumers that some products contain low amounts of lead.

The trial will help determine if the products must carry warning labels in California.

Gerber Products Co., Del Monte Foods, Beech-Nut Nutrition Corp. and many other makers of baby foods and juices are selling products containing lead at levels that require warning labels under California Proposition 65, the Environmental Law Foundation asserts in the suit filed in Alameda County Superior Court in Oakland, Calif.

Lawyers for the food companies say the U.S. Food and Drug Administration tested products targeted in the lawsuit and decided levels were below the federal standards that require a warning.

FDA tests on products named in the lawsuit also found lead levels "below FDA's current tolerable intake levels for lead." But both sides in the case agree on one fact: baby foods containing carrots, peaches,



Gerber Products Co., Del Monte Foods, Beech-Nut Nutrition Corp. and many other makers of baby foods and juices are selling products containing lead at levels that require warning labels, a California lawsuit alleges. GETTY IMAGES FILE

pears and sweet potatoes have some lead. Also covered by the suit are grape juice and fruit cocktail. Lead exposure can damage a child's developing brain and lead to a lower IQ. Overall, lead poisoning in the U.S. has declined significantly since it was removed from paints and gasoline formulas.

Still, more than 500,000 U.S. children are believed to have lead poisoning, according to the Centers for Disease Control and Prevention.

THE ASSOCIATED PRESS

## Shoe fetish? Canuck men going beyond black brogues

Now that they've nailed the skinny suit, Canadian men have started buying up fashionable shoes to match. Sales of men's footwear increased by 13 per cent in Canada in 2012, according to research from The NPJ Group.

While women's shoes sales grew by three per cent in 2012, sales of footwear for men pulled overall growth in the industry up by six per cent, to a total of \$5.1 billion in sales.

"We're always quick to assume that women impel the success of the footwear market, but what we're experiencing instead in Canada is a complete takeover of the shoe closet by men's footwear," said Tracey Jarosz, executive director for Canada Fashion at The NPJ Group. TORSTAR NEWS SERVICE



A Prada men's shoe. TORSTAR NEWS SERVICE FILE

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# SNAP, SEND, SEE IT DISAPPEAR

"I'm not using it for sexting!" I exclaimed as I snatched my iPhone back from my friend whose eyebrows were raised disbelievingly. I had just received a slew of notifications from Snapchat and felt the need to defend my decision to download an app known for promiscuous photo exchanges.

If you're not in high school, there's about an 80 per cent chance you've never even heard of Snapchat, so allow me to fill you in. The decidedly simple app allows users to transmit photos and videos that expire after a prescribed amount of time: between one and 10 seconds. Once a message has been viewed, it disappears from the user's phone and Snapchat's own company servers. The free app is a relatively inane form of time-wasting, but it's also strangely addictive.

Creators Evan Spiegel and Bobby Murphy originally designed the app as part of a class project at Stanford University. When presenting their idea, a venture capitalist sitting in on the class



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

told Spiegel that the app could be interesting if he made the photos permanent. The tech-loving wunderkind and his partner ignored this advice and launched the self-destructing messaging service to the public in September 2011.

Available on iPhone and Android devices, the free app currently has more active users than Instagram, but isn't without its critics. Many have dismissed it as a way for bored teenagers to exchange risqué messages without getting caught by their parents. But while it's likely that many are using the service to transmit content of the not-so-clothed variety, it's important to note that the app is gaining traction and developing a substantial user base beyond the horny coed demographic. More than 100 million images and videos are sent through Snapchat every day and the

app is generating a lot of buzz — although no actual revenue as of yet.

As we become increasingly obsessed with documenting and

cataloguing our lives on social media, I can see the appeal behind a communication tool that operates on impermanence.

While most social-networking platforms are highly self-conscious — requiring users to create their own carefully curated persona to package and present to their friends and fans — Snapchat facilitates a more spontaneous and candid form of communication.

Its growing popularity is a reactionary response to the highly processed and everlasting content on other social media platforms. Not everything we say and do should stick around forever and it's this desire for impermanent forms of expression that Spiegel and Murphy were able to tap into. Despite the opposition, the young developers — who have since received nearly \$14 million in venture funding — knew that the disappearing nature of the messaging service would be its ultimate appeal. So even though it might be known for facilitating evidence-free sexting, the app also offers a new way for all of us to avoid being haunted by a "digital trail" and communicate in a

more uninhibited manner.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

# Drones used to protect rhinos



ANUPAM NATH/THE ASSOCIATED PRESS

## Cameras help spot poachers in Indian national park

Wildlife authorities used drones on Monday for aerial surveillance of a sprawling natural game park in northeastern India to protect the one-horned rhinoceros from armed poachers.

Security officers conducted flights of the

unmanned aircraft over the Kaziranga National Park. The drones will be flown at regular intervals to prevent rampant poaching in the park located in the remote Indian state of Assam.

The drones are equipped with cameras and will be monitored by security guards, who find it difficult to guard the 480-square kilometre reserve. **THE ASSOCIATED PRESS**

## Park has largest number of one-horned rhinos in the world

- Poachers armed with automatic rifles killed 22 rhinos last year in the park, but have killed 16 rhinos already this year.
- Rhino horn is in great demand in China and Southeast Asia, where it is believed to have medicinal properties.
- In recent weeks, wildlife authorities in Assam have deployed 300 armed guards to protect the rhinos in Kaziranga, but they have been no match for organized gangs of poachers who have been managing to strike at the rhinos with increasing regularity.

## New on RMR: I'm wearing pink to protest bullying



**RICK MERCER**  
Guest columnist  
readers@metronews.ca

Tomorrow I will wear pink. Full disclosure: I don't usually wear pink. I'm a black-and-white guy, and even blue jeans are a stretch. That said, I am happy to make the exception if it means stating loud and clear that bullying, discrimination, homophobia and transphobia in schools and communities across Canada must end.

We all know that bullying can be fatal.

We've heard the tragic tales of kids like Jamie Hubley and Amanda Todd, who ended their lives after being subjected to bullying at school. We hate to admit it but we know that there are more kids out there today who are suffering in silence.

The Day of Pink is an important solution to this problem not only because it helps to raise awareness but because of where the idea originally came from.

When students in Nova Scotia saw a younger student being harassed because he was wearing pink, they decided to do something. They took it upon themselves to buy every pink shirt in town and they did it on their own dime. The next day they handed these

shirts out at school. Suddenly the bullies who were making this young man's life miserable were surrounded by students in pink. They learned in no uncertain terms that the vast majority of kids were not going to accept their behaviour. Message sent. To me, the kindness, courage, compassion and creativity exhibited by this gesture is what being Canadian is all about.

Those kids stood up for someone who wasn't in a position to stand up for himself. They could not have any idea what they started. This past year, 8.1 million kids around the world wore pink on the International Day of Pink to send the same message. The Day of Pink, like the zipper, is a Canadian success story. Someone should get these kids the Order of Canada.

Kudos to Jer's Vision, an incredible organization of young people, for working so hard to make the Day of Pink an international success story. I'm proud to support them and I look to them for solutions.

They are young, I am not, and they know what's going on in Canadian schools. Thankfully, I don't. I will take their lead. They want me to wear pink? I'm in.

So please, folks, wear pink tomorrow or, at the very least, throw a red sock in your white laundry tonight.

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [ottawaletters@metronews.ca](mailto:ottawaletters@metronews.ca)

## DVD reviews



## Hyde Park on Hudson

Director: Roger Michell

Stars: Bill Murray, Laura Linney,  
Olivia Williams

Bill Murray makes a charming Franklin Delano Roosevelt and Laura Linney a stoic mistress Daisy in Hyde Park on Hudson, a film split between history, gossip and whimsy. But they've both got their work cut out for them with the wafer-thin screenplay, which Richard Nelson adapted from his BBC radio play of the same name. Titled for FDR's upstate New York retreat, where America's longest-serving president took refuge — and rumoured sexual liaisons — as the Second World War threatened, Roger Michell's film struggles for definition as either daffy comedy or insider's view of history. Samuel West and Olivia Colman steal scenes as visiting King George VI and wife Queen Elizabeth (the future Queen Mum), befuddled by hot dogs and emboldened by booze during their 1939 visit with FDR, but The King's Speech 2 this isn't.

Best of Warner Bros.  
20 Film Collection:  
Romance

Continuing its 90th anniversary celebration with a romance-themed boxed set, Warner Bros. also showcases the strong women who have enlivened the studio's classics. This collection spans decades, continents and temperaments: from the spiky southern belles of Jezebel — Gone With the Wind, Annie Get Your Gun, Cat on a Hot Tin Roof and Splendor in the Grass — to the northerly tempests of The Philadelphia Story, Now, Voyager, A Streetcar Named Desire and Rebel Without a Cause; to the foreign femmes and intrigues of Casablanca, Mrs. Miniver and Doctor Zhivago; to the modern women and wiles of A Touch of Class, The Goodbye Girl, The Bodyguard, You've Got Mail and Two Weeks Notice.

PETER HOWELL



Rob Thomas and Kristen Bell are getting to work on the new Veronica Mars movie. GETTY IMAGES

## How to shoot for Mars with \$2 million

**Kickstart cred.**  
Veronica Mars creator Rob Thomas lets Metro in on some of the details about the upcoming fan-funded film

MICHELLE  
CASTILLO  
Metro World News in New York

Rob Thomas gave Metro World News some details about the upcoming Veronica Mars movie — which is scheduled for release in 2014 — and details about how the project came to be.

**The initial goal of \$2 million seems small for a movie. Would it even be possible to make a Veronica Mars film with that budget?**

When Kristen and I went into it, we sort of agreed that we would make the, she called it the “No fancy trailers” budget. She and her husband had just done that movie, Hit and Run, and I think they made it for

around \$2 million.

So that was part of the ethos of it.

**Who is returning (besides Bell and Dohring)? Aren't they a little too old for high school or even college?**

We're in negotiations with the other cast members, and I've spoken to all the other cast members. Absolutely people want to do it, and I'm building it around the 10-year high school reunion, so I'm planning on using the bulk of them but deals still have to be made.

(Kristen) is 28 as we pick up the movie. She has just got out of law school at Columbia and starting to interview for jobs in New York law firms.

**Why do you think fans have responded to Veronica Mars so much?**

The key to achieving the cult status is being able to hang on for a while. The fact that we started on UPN, and we were allowed to survive some not terrific numbers for a while was part of the equation because having done ABC, we'd only have

been on for two episodes and we would never have been allowed to grow into a cult status.

Seinfeld started out with an order of six on a death night, and they allowed that to build. It went beyond cult status. I think being somewhere where no one noticed, where you weren't expected to do good numbers or great numbers was key, and I think the character herself, Veronica, was a great fit for UPN.

When I first went in there to have a meeting, they told me the direction they wanted to take the network. They said, “We think we're going to skew young and female, and we're looking for female empowerment shows.”

I had written Veronica Mars a year before on spec. I had just written it for myself because it was an idea I was inspired by. I told them, “Well, I have a script in a drawer at home about a very empowered teenage girl.”

I taught high school, in particular I taught freshman English. I was the adviser of the yearbook. I hung out with a lot of teenage girls.

I had a lot of teenage girls' voices in my head. As a yearbook adviser, that's primarily who you're there after school with on worknights with. I think girls at that age are some of the most self-conscious people on the planet.

One of the things I thought about Veronica Mars is that if she had some superhero power it's that she's beyond self-consciousness — that her life had taken her down such a rocky road, and she'd come out the other side and it was a pretty tough girl. She could say those things that I think teenage girls often wished they could say or (were) bold enough to say in a make no apologies sort of way, and I think that connected with a UPN audience.

**What about your other series Party Down? Will you be trying Kickstarter with that?**

We're down a path with that. We hope that will become a movie as well. We're not going the Kickstarter route. We're writing a script for an independent production company that we really respect. We hope for good news on that in the next year or so.





Lindsay Lohan ALL PHOTOS: GETTY IMAGES

## Fest a 'recipe for disaster' for Lohan: Friend

Lindsay Lohan infamously scheduled her upcoming 90-day rehab stint to start next month so that she can hit up the Coachella music festival starting this weekend, but at least one friend thinks she should skip it.

"I fear for her life if she goes to the festival," Danish promoter Claus Hjelmberg tells Radar Online. "Lindsay is in a very dark place right now, and I'm absolutely scared for her life. Coachella

is the last place she needs to be. For someone struggling with addiction, like Lindsay, the amount of drugs and alcohol at Coachella is just a recipe for disaster waiting to happen."

The music festival takes place over two weekends in the desert near Palm Springs, with a packed schedule of famous bands set to perform, including the Red Hot Chili Peppers, Moby and the Airborne Toxic Event.



Drew Barrymore

## Barrymore is fine with not having it all

Drew Barrymore is learning a lot now that she's a mom. "I know it seems like I do everything, but there's so much I had to give up. Things have to go and that's unfortunate," she tells Us Weekly. "You know that you're going to miss out on your child's upbringing or you realize that your

relationship is going to suffer if you work night and day and weekends. Unfortunately, I was raised in this, like, generation of like, 'Women can have it all,' and I don't think you can. I think some things fall off the table. The good news is, what does stay on the table becomes much more important."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Jay-Z and Beyoncé in hot water over their Havana nights



THE WORD  
Dorothy Robinson  
scene@metronews.ca

Jay-Z and Beyoncé Knowles may be in trouble for their lavish fifth wedding anniversary trip to Cuba last week, as it's raising eyebrows with a few Florida politicians, according to Reuters. "Despite the clear prohibition against tourism in Cuba (for U.S. citizens), numerous press reports

described the couple's trip as tourism, and the Castro regime touted it as such in its propaganda," Florida Representatives Ileana Ros-Lehtinen and Mara Diaz-Balart say in a letter to the director of the Office of Foreign Assets Control. "We represent a community of many who have been deeply and personally harmed by the Castro regime's atrocities, including former political prisoners and families of murdered innocents."

A rep for Jay-Z and Beyoncé was unavailable for comment.

There is no word on how Jay-Z and Beyoncé were allowed to enter the country (travel for American citizens is very strict). My working theory? They are secretly Canadian.



Amanda Bynes

## Bynes is twirling out of control in New York

Amanda Bynes' recent campaign of bizarre behaviour during her stay in New York is continuing unabated, with the former Nickelodeon star reportedly shocking attendees at a gymnastic class by showing up "in fishnets and a leotard that looked like lingerie," according to Page Six. "She immediately started

acting strangely," a source says. "She lined up with the other gymnasts, and each took their turn to perform a roll. But Amanda just walked out on the mat, was spinning around in circles and mumbling to herself." Later, the source adds, Bynes "did a cartwheel, but her wig fell off, and she sat down and cried."



Adam Lambert

## Lambert splits from Finnish boyfriend

American Idol vet Adam Lambert is single again, having split up with boyfriend and Finnish Big Brother winner Sauli Koskinen, Lambert tells the South Florida Gay News. "It's been kind of on its way out in the last couple of months," Lambert

says. "Sauli and I remain really good friends, and I know it's a cliché to say, but it's totally true. I just gave him a coffee and bagel earlier today. He's a great person and we've had an amazing couple of years together. Things have just run their course."

### Twitter



@ElizabethBanks

RIP Margaret Thatcher. A role model for women & young girls across the world. Also, my high school Halloween costume.



@samantharonson

Regardless of her politics — I grew up believing that I could be anything I wanted to be, even Prime Minister — lucky 4 you all I didn't.



@pattonoswalt

"Karen Silkwood, Julia Child, and now Margaret Thatcher. The Streep Curse, man" — world's dumbest conspiracy theorist



# How Beyoncé bid bye bye to her baby Blue weight

**Fitness.** Squats, shakes and nerves of steel — we look back on how the bootylicious singer got back into shape after giving birth to her daughter

ROMINA  
MCGUINNESS  
life@metronews.ca

We find out how she was sure to squeeze into her (super tight) stage clothes so quickly.

## Pack it on, get it off

Beyoncé gained a total of 57 pounds throughout her pregnancy.

But with her first show scheduled just three short months after having her baby, she had to lose it all — and fast.

At the time, she was quoted as saying, “I’m definitely softer, but I feel my body bouncing back.”

It did.

And it probably wasn’t much fun.

“Y’all have no idea how hard I worked! I had to lose 60 pounds. They had me on that treadmill. I ate lettuce!” she confessed to her fans.

But her trainer, Marco Borges, explained how her slimmed-down frame was simply the result of proper nutrition, regular workouts and breastfeeding.



Beyoncé got back to her fighting weight for the upcoming world tour and her return to the world's stage. GETTY IMAGES

One year on, she’s maintained a stable weight.

## Proper nutrition — eat lean, eat green and stick to your plan

After initially shedding the extra pounds by sticking to a diet of vegetables,

fruit, nuts, seeds, grains and clean proteins, Life & Style reported that in order to make sure the weight didn’t creep back on, Beyoncé has one vegan meal a day.

The eating plan was recommended by Borges, who believes that a meat and dairy-free meal is a great way to get, “people to eat more greens than they normally would.”

And whenever she craves a crunchy snack, she ditched the chips and reaches out for something healthy like edamame beans, green apples or cucumbers sprinkled with vinegar, cayenne pepper and lemon.

## Fierce discipline, explosive workouts

Fitting into tiny corsets and

### Quote

“I’m not a person that is naturally very thin. I am a person that has to work at keeping my body in shape”

Beyoncé

Talking about how she got back into shape.

exposing your thighs in fish-net tights is a struggle for most women.

Yes, even Beyoncé. Opening up to Shape Magazine just weeks before the start of her world tour, the singer revealed how difficult keeping in shape can be.

“I’m not a person that is naturally very thin. I am a person that has to work at keeping my body in shape,” she said.

But how does she manage to do that?

It’s thanks to her drive, determination and dedication, Borges said, also to Shape.

“We do a combination of cardio, calisthenics, resistance exercises and yoga. Whether she’s doing lunges, plies, reverse lunges or squats, she does 100 repetitions. When you do those sets, it is really an extension of your cardio, so you can sculpt muscles while building endurance. Beyoncé is really hardcore. She trains for 60 to 90 minutes, four to five days a week.”

She sweat and she ate lettuce. But never once did she give up her boobs, her hips or her bum in favour of skin and bone.

She’s a healthy, happy working mama.



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# Staying safe on your bicycle commute to work this spring

**Tips.** If your wheels aren't on the subway or a city bus, make sure you're riding the right way while enjoying the sunshine

**NATALIE SHURE**  
life@metronews.ca

With spring officially upon us, legions of urban commuters are beginning to shed their quilted coats and search for excuses to spend more time outside.

Commuting by bicycle can be a great way to savour the sunshine and jump-start your fitness routine while being eco-friendly.

Inexperienced city cyclists might feel intimidated by busy streets and speedy drivers at first, but it is easy to gain confidence quickly while navigating a city on



Get geared up to return your bike to the road. ISTOCK PHOTOS

two wheels. After more than a decade of riding and working with bicycles in Tampa and New York City, bike mechanic Max Boyajian is familiar with the challenges cyclists face in crowded areas. He shared a few tips for starting out as a bike commuter.

**Fill 'er up**  
If a bike hasn't been used

through the winter, the tires will need to be refilled. If you don't own your own pump, almost every bike shop has free air available for passing cyclists.

## Keep calm

Even if they are following the rules of the road, city cyclists are bound to get honked at by irritated drivers. Don't let

## A right to ride

Be careful passing parked cars.

- **Rules of the road.** Drivers might not check for bikes after they park, meaning they could open their doors into an oncoming cyclist. Cyclists have the right to ride in the centre of a lane.

it rattle you, and don't provoke drivers unnecessarily. "You've got to learn how to be honked at," Boyajian says.

## Plan for the weather

Waterproof outerwear can protect you from rain. Keep your clothes professional-looking by installing fenders onto your wheels. "They might look dumb, but they're better than a strip of mud across your back," Boyajian says.

## Best Health

## Can your eyes get sunburned?



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

Yes. While on assignment in Portugal, CNN's Anderson Cooper famously sunburned his eyeballs.

He described the experience: "I wake up in the middle of the night and it feels like my eyes are on fire — my eyeballs! — and I think, oh, maybe I have sand in my eyes or something."

Yes, it can happen, and at any time of year. Our content editor, Melissa Greer, interviewed Dr. Cheryl Zimmer of the Canadian Association of Optometrists.

"The front clear surface of the eye, called the cornea, is composed of tissue similar to the skin. It's very susceptible to the elements — wind and sun, in particu-



**Sunglasses: no longer just a fashion accessory.** ISTOCK PHOTOS

lar," Zimmer said. The resulting keratitis can cause blurry vision and very sore eyes, and can take 24 to 72 hours to heal.

Squinting may protect your eyes but it can lead to headaches and eye strain, so the best protection is a pair of sunglasses, says Zimmer. She suggests a pair that blocks both UVA and UVB rays. According to Health Canada's website, manufacturers follow voluntary industry standards when labelling sunglasses.

Those labelled general purpose block 60 to 92 per cent of visible light and UVA rays, and between 95 and 99 per cent of UVB rays.

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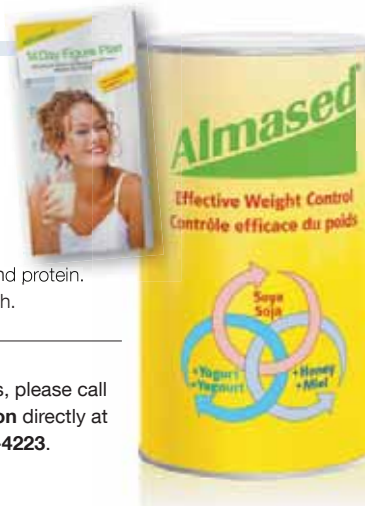
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# Roasted peppers, pine nuts, goat cheese make tasty trio



This recipe serves six. LORELLA VANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



**ROSE REISMAN**  
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her on twitter @rosereisman

I can never make enough of this simple salad.

In restaurants, roasted peppers are often marinated in oil, which adds calories and fat. Here I use only one tablespoon of olive oil — and the results are outstanding.

Red, yellow, and orange bell peppers contain an abundance of beta carotene and antioxidants, which help in the fight against cancer.

1. Slice roasted peppers in

## Nutritional info

Per serving: 88 calories; 2.7 g protein; 4.9 g fat; 1.3 g saturated fat; 8.3 carbohydrates; 20 mg sodium; 2.2 mg cholesterol; 2.5 fibre

thick slices; arrange on platter.

2. Whisk oil and vinegar together in small bowl. Drizzle mixture over peppers.

3. Sprinkle peppers with crumbled goat cheese, basil (or fresh parsley) and toasted pine nuts.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

## Ingredients

- 6 bell peppers of various colours, roasted
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1/4 cup crumbled goat

- cheese
- 3 tbsp chopped fresh basil or parsley
- 2 tbsp pine nuts, toasted

## Health Solutions

### Rhubarb rights and wrongs



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Rosy red is the colour of spring; pick rhubarb while the cardinals sing.

Rhubarb is a wild vegetable that we treat culinarily as a fruit.

Not only is it loaded with B vitamins, if you go for the redder the stalks, there is more skin saving Vitamin A in your pie. To boot, this delicious delivery system of eye protection has everything your eyes are looking for: beta carotene, lutein and zeaxanthin.

Things NOT to do with rhubarb:

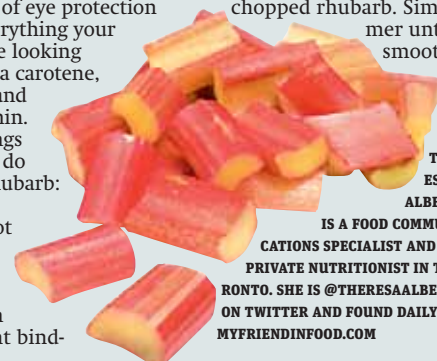
- Do not eat the leaves. They contain nutrient bind-

ing oxalic acid as well as poisonous glycosides.

- Do not ruin the low cal benefits by cooking with too much sugar; keep it tart.

- Do not store raw stalks at room temperature. Either store in fridge in plastic or chop and freeze immediately.

Here is the best cooking method to make a spread or pancake topping: Bring 1/4 cup orange juice to a boil; add 2 tablespoons of maple syrup, 1 tablespoon of sugar. Add 1.5 cups chopped rhubarb. Simmer until smooth.



**THERESA ALBERT**  
IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

## Survey says

### U.S. women now twice as likely to live with a guy before marriage

Nearly half of young U.S. women say the first time they lived with a guy, they weren't married.

That's the finding of a government survey released Thursday.

The results are a marked change from 1995, when only 34 per cent said they moved in together. Now it's 48 per cent. Back then, 39 per cent said they married first, compared to 23 now.

Experts say the numbers show living together is increasingly used as a testing ground for marriage. About 40 per cent of the women who lived with a guy went on to marry him within three years.

The survey by the federal Centers for Disease Control and Prevention questioned more than 12,000 women younger than 45 from 2006 to 2010.

THE ASSOCIATED PRESS

# Are healthy couples happier couples? Create a routine with your partner

**NATALIE LAVOY-FURTADO**  
2life.io

Getting in shape isn't always easy, but it helps when you have constant motivation from your partner.

"My boyfriend was a huge help in terms of introducing me to a fit lifestyle and keeping me motivated," says Bianca Del Bois of Burlington, Ont., who used to live an unhealthy lifestyle but is now a healthy fitness guru.

For most couples, it really helps if both parties are into a healthier lifestyle. "We do the same routines together, jog together and do some creative outdoor workouts," says Del Bois. Working out with your partner can be fun, but are healthier couples really happier couples?

"Without sounding biased, yes!" says Del Bois. "I've never been happier or healthier in a relationship before. We really motivate



Couples who sweat together stay together. ISTOCK IMAGES

each other to reach our full potential."

Now training to compete

for two bikini competitions in May and June, Del Bois is always changing her

diet and workout to keep it fresh.

It sounds easy but it has

been hard work.

She finds that the improvements in her lifestyle have made this all worth it. "Physically I've increased stamina during cardio sessions, much more muscle definition and toning and an overall healthy appearance," says Del Bois.

Now people are so amazed by her hard work transformation that they go to her for help to achieve their fitness goals, so what advice does she have for us?

"The first steps to getting in shape would be to adjust your eating habits and just start with 30 to 45 minutes of physical activity a day, whether it's cardio, weight training, or even a Zumba class."

She also showcases her hard work, healthy recipes, and gives advice on her Facebook page, YouTube channel, and blog.

Go to 2life.io to learn about our exciting new app for two coming soon, follow us @2lifeapp on Twitter





# DREAM BIG

The world is a faster-moving, more competitive place than ever before. It is smaller, too. If you want to compete — if you want to make money — you have to get a good education.

But that's nothing new, is it? The days when you could get ahead without post-secondary education of some kind are long gone. No matter what field you belong to, chances are you will have a certificate, diploma or degree on your resumé. That piece of paper isn't just your means of getting ahead, it's your means of getting started.

Luckily, colleges and universities in this country are there to help. More than ever, they are meeting students halfway — offering full-time, part-time, acceler-



ISTOCKPHOTO/THINKSTOCK

ated and even online delivery models to suit almost anyone's lifestyle, learning style, or schedule.

And their variety of offerings continues to grow. Universities are expanding their degree programs into new subject areas, reflecting a more multicultural, tolerant, technocratic society. Many colleges offer degree programs now, too, while maintaining the focus they have always

had on matching students with great jobs.

These schools aren't strictly for young people, either. Mature students, hoping to retrain, upgrade their skills or seek out new careers entirely, are being welcomed into programs designed with their needs in mind.

A good education remains our best way of finding the work we are meant to do — a career we are passionate about,

one that inspires us to keep improving and keep learning for the rest of our lives.

Post-secondary institutions of all kinds will be starting their spring and summer programs soon. One of those programs might be right for you. Do your research, ask questions and, most importantly, don't be afraid to dream big. Your educational journey is just getting started.

— Chris Edwards

## CONQUER CHALLENGES WITH U OF TORONTO ITLP PROGRAM

If you are an internationally trained lawyer trying to adapt to Canadian legal practice, you face many challenges. The University of Toronto's internationally trained lawyers program (ITLP) can help you overcome them.

The ITLP offers four different programs: NCAR, for those needing help with NCA exams; BEPC, for those needing help with LSUC licensing exams; a comprehensive program, for those who need both academic support and Canadian legal experience; and a career program, for those who can manage their NCA exams, but need help developing their job-searching skills.

The career program made a big difference for Labiba Rukhsana. Born in Bangladesh, Rukhsana completed her legal education in the United Kingdom. She then immigrated to Canada, where she passed her NCA exams



UNIVERSITY OF TORONTO PHOTO

but could not find an articling job. By the time she graduated from the career program, she had one waiting for her.

"The career program provided me a set of tools and resources tailored to my needs," Rukhsana says. "It was a tremendous motivational force. I continue to benefit from it in my current search for an associate position."

ITLP students must be Canadian citizens, permanent residents, or convention refugees, and must have completed a law degree in their home country. To learn more, and how you can enrol, visit [itlp.utoronto.ca](http://itlp.utoronto.ca).



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# Nasty T5 slip surprise? Don't panic



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

A reader who owned 200 Kraft Foods shares received a nasty surprise when a T5 slip arrived showing nearly \$3,000 in U.S. dividend income.

Kraft Foods Group split into Kraft Foods and Mondelez International in October, 2012. Every 100 shares of Kraft turned into 100 of Mondelez and roughly 33 of Kraft. The Kraft shares are deemed to be a foreign dividend by the Canada Revenue Agency and taxed as ordinary income.

If you are in this situation, don't panic about suddenly having more income than expected.

"An election can be made under Section 86.1 of the Income Tax Act to exclude the deemed dividend from income," notes Winnipeg-based tax expert and author, Evelyn Jacks. "This election must be made in writing and sent to CRA.



Owning company shares can show as extra income on your T5. ISTOCK IMAGES

"Indicate the number and cost base for the original Kraft Foods Inc. shares; and the shares received as a result of the spin-off. If you make

the election to exclude the dividends, then the cost base of the post spin-off shares is based on the cost base of the original Kraft Foods Inc.

shares. The cost base is allocated between the new shares according to the fair market value immediately after the spin-off." (Sign up for Jacks'

free tax newsletter [knowledgebureau.com](http://knowledgebureau.com))

So far so good, but now we must establish a cost base for the shares to report when and

if they are sold.

Jacks comes to the rescue with a little math. Let's say the shares were purchased for \$20, \$4,000 in total for this reader. This is called the Average Cost Base, ACB. The Mondelez shares were trading at \$28 and the Kraft shares at \$45.42 per share, post spin-off. Therefore the 200 Mondelez shares were worth \$5,600 and the 66 Kraft Foods Group shares came to \$2,997.72 US.

Take that \$4,000 ACB and allocate it like this:

Mondelez:  $\$4,000 \times \$5,600$  divided by  $(\$5,600 + \$2,997.72)$  = \$2,605.34

Kraft:  $\$4,000 \times \$2,997.34$  divided by  $(\$5,600 + \$2,997.72)$  = \$1,394.48.

Those are the new ACBs for the shares. If you sell half the Mondelez and half the Kraft in the future, adjust the cost base accordingly to report the capital gain or loss on your taxes. Stick the formula, and a few notes, in your investment file so you can reconstruct what you've done down the road. Now go take a headache remedy.



Are you a business owner? Do your part to fight fraud! ISTOCK IMAGES

## Five warning signs you're the victim of card payment fraud

As more Canadian businesses begin to offer online shopping and online and mobile sales continue to grow, security experts point out that a few bad apples are also using the popularity of online shopping to scam merchants with stolen payment card information.

"The good news is business owners and their employees can play a crucial role in the fight against fraud and they already have the tools to recognize and stop online, mobile or phone purchases carried out with stolen card data," says Gord Jamieson, head of security for Visa Canada.

Jamieson notes that business owners can be at risk when a payment card is not physically present.

To help identify this type of fraud before it occurs, he recommends merchants watch for the following five

warning signs when carrying out transactions without the payment card:

- **Multiple purchases made with different cards, shipped to a single address**

This can indicate a batch of stolen payment card account numbers.

- **Multiple high value transactions made on the same card over a very short period of time**

This can indicate an attempt to "run the card" until the account is closed.

- **Multiple purchases made on a card with a single billing address, shipped to many different addresses**

This may indicate organized criminal activity.

- **Online transactions with multiple cards but a single IP address**

This may indicate a batch of stolen cards being run from the same computer.

- **Multiple transactions in close succession with very similar account numbers**

This may indicate account numbers that have been generated using illegal software.

According to Jamieson, merchants or employees who come across any of these warning signs should request additional information from the cardholder.

"There are many tools available to help merchants avoid fraud, like the address verification service, the "three digit code" and a service called Verified by Visa," Jamieson said. He also recommends reporting the suspicious activity to their payment service provider as soon as possible.

NEWS CANADA



Olympics

## PM pleads with NHL to let its stars play in Sochi

Prime Minister Stephen Harper is urging NHL commissioner Gary Bettman to let the league's stars play in the 2014 Sochi Olympics.

Harper says he speaks for all Canadians who want to see the country's top players don the Maple Leaf at the Winter Games.

NHL players have been part of the Olympics since 1998 in Nagano, Japan.

The league is mulling whether it is worth shutting down its season for a few weeks to let its players take part in the 2014 Games. **THE CANADIAN PRESS**

NHL

## Crosby not yet ready for return

Lacing on hockey skates is going to have to wait. At this point, Sidney Crosby would settle for a meal that didn't require a straw.

The Pittsburgh Penguins star and his surgically repaired mouth remain on a liquid diet as he recovers from a broken jaw sustained in a win over the New York Islanders on March 30. The NHL's leading scorer remains sidelined indefinitely and has not been cleared to return to practice.

Crosby expects to meet with doctors later this week. "We'll see how it heals and it will be a process here the next little bit but I'm not too worried about the teeth," he said. "I'm worried about making sure I'm healed and hopefully that's sooner rather than later."

**THE ASSOCIATED PRESS**



Minnesota forward Amanda Kessel celebrates with her team after scoring a goal against Boston University in the women's Frozen Four NCAA Championship on March 24 in Minneapolis. Kessel was named the top female player in the NCAA this past season as Minnesota went undefeated. **STACY BENGS/THE ASSOCIATED PRESS**

# Kessel kin OK with villain role in Ottawa

## Hockey. Sister to Leafs sniper in line to help U.S. win world championship

Toronto Maple Leafs forward Phil Kessel is unloved in Ottawa when the Senators host the NHL's battle of Ontario. His sister Amanda will accept the role of villain in that city if it means a gold medal at the women's world hockey championship.

"I guess I wouldn't mind not being popular if our team won," Amanda says. "It's just exciting to be here in Canada,

a country that really supports hockey."

The 21-year-old from Madison, Wis., is evolving into a dominant player for the U.S. She's four years younger than Phil, yet comparisons of their games will arise.

"People always say we look like each other when we skate," Phil says. "She's a really skilled player. She's a great player and when you watch her, she does all the little things real well."

Amanda has also heard comments comparing their skating strides.

"That makes me happy to hear," the sister says. "Obviously an awesome player and my favourite player to watch and

somebody I really look up to.

"I think we both kind of stick handle and see the ice the same way. I like to pass the puck a little bit more and he likes to shoot it a little bit more. I don't quite have that shot obviously."

Amanda draws on her older brother's experience to navigate challenges on and off the ice.

"Whenever we're in slumps or not playing well, we shoot texts back and forth," she says. "He's just someone who, yeah, if something's not going well with me, he's been there and he's obviously had his fair share with coaches and media and whatnot not on his side.

## Booking a spot in the final

Hillary Knight scored the winning goal with just over six minutes to play and the United States advanced to the final of the IIHF Ice Hockey Women's World Championship with a 3-0 win over Finland on Monday.

- Canada and Russia faced off Monday night in the other semifinal match. Go to metronews.ca for the result of that game.

He's always someone good to go to." **THE CANADIAN PRESS**

# Tears flow as hockey greats honoured



From right: Prime Minister Stephen Harper, Mark Messier, Dave King and Paul Henderson share a laugh during an induction ceremony into the Order of Hockey in Canada in Ottawa on Monday. **ADRIAN WYLD/THE CANADIAN PRESS**

NHL Hall of Famer Mark Messier couldn't stop the tears, or the lump from forming in his throat, as he and two other hockey greats were honoured Monday for their contributions to the game.

The six-time Stanley Cup winner and perennial all-star broke down as he spoke of the national pride he felt as a young boy watching fellow Order of Hockey in Canada recipient Paul Henderson score the goal that sealed Canada's hockey supremacy over the Soviet Union

## Positive treatment

Paul Henderson, 69, who has been diagnosed with chronic lymphocytic leukemia, told the audience that treatment he received as part of a clinical trial in the United States appears to have had a positive effect on his health.

in the 1972 Summit Series.

"As an 11-year-old boy who was playing hockey, to get

that kind of opportunity to feel what real national pride is all about through the game of hockey obviously inspired me, not only as a hockey player, but to one day wear that sweater," Messier said.

Messier, Henderson and coaching legend Dave King join a select group of players and builders who have been awarded the Hockey Canada honour, including Jean Beliveau, Wayne Gretzky, Gordie Howe and Cassie Campbell-Pascall.

**THE CANADIAN PRESS**



# Chinese teenager Tianlang to get pro tutorial at Masters

**Golf.** 14-year-old turns heads upon historic arrival at Augusta

Guan Tianlang is in good company this week at Augusta National.

He played a practice round Monday with two-time Masters champion Ben Crenshaw, then headed out in the afternoon with Tiger Woods. He has a game lined up Tuesday with Tom Watson, an eight-time major champion. On Wednesday, he plans to play with Nick

Faldo, winner of six majors.

Can't he play with someone his own age?

Not at this Masters.

Guan is the 14-year-old from China, the youngest to ever play in the Masters and the youngest at any major in 148 years. He qualified by winning the Asia Pacific Amateur Championship last fall in Thailand, and now gets a crack at the best in the game on one of the most famous courses in the world.

Nerves? So far, only a big smile.

"I'm really excited in the morning when I come out on the course and there's many

people here," Guan said Monday, conducting his news conference in English with a Chinese translator at his side in case he needed help. He rarely did.

The kid has shown to be special in many ways.

He went wire-to-wire in the Asia Pacific amateur, and he wasn't even rattled as he calmly rapped in a five-foot par putt for the one-shot win on the final hole.

Even so, this is the Masters.

Guan is 14, the only player in the field who brought his eighth-grade homework with him to Augusta National.

"I knew he was young," Steve Stricker said Monday. "I didn't know he was the same age as my daughter.... I just can't imagine being that young and competing at this level at such an early age. It will be interesting." **THE ASSOCIATED PRESS**



Tiger Woods, left, chats with 14-year-old amateur Guan Tianlang during practice ahead of the Masters on Monday in Augusta, Ga. DARRON CUMMINGS/THE ASSOCIATED PRESS

## Quoted

**"It's frightening to think that he was born after I won my first Masters."**

Tiger Woods when asked about 14-year-old Guan Tianlang at Bay Hill two weeks ago.



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## NBA

### EASTERN CONFERENCE

	W	L	Pct	GB
Miami	60	16	.789	—
New York	50	26	.658	10
Indiana	48	29	.623	12 1/2
Brooklyn	44	32	.579	16
Chicago	42	34	.553	18
Atlanta	42	36	.538	19
Boston	40	37	.519	20 1/2
Milwaukee	37	39	.487	23
Philadelphia	31	45	.408	29
Toronto	29	48	.377	31 1/2
Washington	29	48	.377	31 1/2
Detroit	26	52	.333	35
Cleveland	24	52	.316	36
Orlando	19	59	.244	42
Charlotte	18	59	.234	42 1/2

### WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	57	20	.740	—
Oklahoma City	56	21	.727	1
Denver	53	24	.688	4
L.A. Clippers	51	26	.662	6
Memphis	52	25	.675	5
Golden State	44	33	.571	13
Houston	43	34	.558	14
Utah	41	37	.526	16 1/2
L.A. Lakers	40	37	.519	17
Dallas	38	39	.494	19
Portland	33	44	.429	24
Minnesota	29	47	.382	27 1/2
New Orleans	27	50	.351	30
Sacramento	27	50	.351	30
Phoenix	23	54	.299	34

x — clinched playoff berth; z — clinched conference.

### Tuesday's games

#### All Times Eastern

Cleveland at Indiana, 7 p.m.  
Washington at New York, 7:30 p.m.  
Milwaukee at Miami, 7:30 p.m.  
Philadelphia at Brooklyn, 7:30 p.m.  
Charlotte at Memphis, 8 p.m.  
Toronto at Chicago, 8 p.m.  
Phoenix at Houston, 8 p.m.  
Oklahoma City at Utah, 9 p.m.  
New Orleans at L.A. Lakers, 10:30 p.m.  
Minnesota at Golden State, 10:30 p.m.

## BASKETBALL

## NCAA

### NATIONAL CHAMPIONSHIP

Monday's result  
Louisville vs. Michigan

## NHL

### EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Pittsburgh	39	29	10	0	0	127	95	58
d-Montreal	38	25	8	3	2	120	91	55
d-Washington	39	20	17	2	0	117	110	42
Boston	37	24	9	2	2	102	79	52
Toronto	38	21	13	0	4	117	106	46
Ottawa	38	19	13	2	4	94	85	44
NY Rangers	38	19	15	0	4	93	90	42
NY Islanders	39	19	16	3	1	113	119	42
New Jersey	39	15	14	3	7	92	106	40
Winnipeg	40	19	19	0	2	98	120	40
Buffalo	39	16	17	2	4	105	118	38
Philadelphia	38	17	18	1	2	106	118	37
Carolina	37	16	19	1	1	97	115	34
Tampa Bay	38	16	20	0	2	121	114	34
Florida	39	13	20	5	1	96	132	32

### WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Chicago	38	29	5	0	4	128	83	62
d-Anaheim	39	26	8	2	3	121	98	57
d-Vancouver	38	21	11	1	5	103	95	48
Los Angeles	39	22	13	1	3	114	96	48
San Jose	38	20	11	3	4	98	94	47
Minnesota	38	22	14	1	1	103	97	46
St. Louis	37	21	14	1	1	106	98	44
Detroit	39	19	15	3	2	99	101	43
Phoenix	38	17	15	2	4	105	104	40
Dallas	38	18	17	2	1	104	117	39
Edmonton	38	16	15	4	3	100	106	39
Columbus	39	16	16	3	4	91	104	39
Nashville	40	15	17	2	6	96	109	38
Calgary	37	13	20	1	3	99	133	30
Colorado	38	12	21	4	1	89	121	29

### Monday's results

Carolina at Boston  
NY Rangers at Toronto  
Calgary at Colorado  
Phoenix at Vancouver  
Edmonton at Anaheim

### Tuesday's games

#### All Times Eastern

Pittsburgh at Carolina, 7 p.m.  
San Jose at Columbus, 7 p.m.  
Philadelphia at NY Islanders, 7 p.m.  
Washington at Montreal, 7:30 p.m.  
Ottawa at Tampa Bay, 7:30 p.m.  
Buffalo at Winnipeg, 8 p.m.  
Chicago at Minnesota, 8 p.m.  
St. Louis at Nashville, 8 p.m.  
Los Angeles at Dallas, 8:30 p.m.

## MLB

### AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	5	2	.714	—
Tampa Bay	3	3	.500	1 1/2
Baltimore	3	4	.429	2
New York	3	4	.429	2
Toronto	2	4	.333	2 1/2

CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	4	2	.667	—
Kansas City	4	3	.571	1/2
Minnesota	4	3	.571	1/2
Detroit	3	3	.500	1
Cleveland	3	4	.429	1 1/2

WEST DIVISION				
	W	L	Pct	GB
Oakland	5	2	.714	—
Texas	4	2	.667	1/2
Seattle	3	4	.429	2
Los Angeles	2	4	.333	2 1/2
Houston	1	5	.167	3 1/2

### Monday's results

Boston 3 Baltimore 1  
N.Y. Yankees 11 Cleveland 6  
Kansas City 3 Minnesota 1  
Tampa Bay at Texas  
Houston at Seattle  
**TUESDAY'S GAMES — All Times Eastern**  
Toronto (Morrow 0-0) at Detroit (Sanchez 0-0), 1:05 p.m.  
N.Y. Yankees (Pettitte 1-0) at Cleveland (Carrasco 0-0), 7:05 p.m.  
Tampa Bay (Hernandez 0-1) at Texas (Tejedor 0-0), 8:05 p.m.  
Minnesota (Pelfrey 1-0) at Kansas City (Guthrie 1-0), 8:10 p.m.  
Oakland (Parker 0-1) at L.A. Angels (Wilson 0-0), 10:05 p.m.  
Houston (Bedard 0-0) at Seattle (Maurer 0-1), 10:10 p.m.

## NATIONAL LEAGUE

### Monday's results

Milwaukee 7 Chicago Cubs 4  
Cincinnati 13 St. Louis 4  
N.Y. Mets at Philadelphia  
Atlanta at Miami  
Pittsburgh at Arizona  
Colorado at San Francisco.



## Horoscopes

### Aries

March 21 - April 20

Your mind is full of brilliant ideas. What are you going to do with them? Don't just let them sit there doing nothing. Good ideas are like fertilizer, they need to be spread around so they can help people grow.

### Taurus

April 21 - May 21

A new opportunity is about to come your way. Make sure you use it wisely. Yes, you will have to adapt to events that don't feel natural to you, but the effort will be worth it.

### Gemini

May 22 - June 21

Someone will try to get you to tone down your opinions a bit today — and you must have none of it. The world needs to hear what you have to say.

### Cancer

June 22 - July 23

You need to act tough today, even if you don't feel tough. Give employers and other important people an image of you that is strong and self-assured, even if that is far from what you actually feel.

### Leo

July 24 - Aug. 23

This is a wonderful time for you, a time of exciting adventures and encounters. You certainly won't have any reason to complain that you are bored over the next 24 hours. If anything, there will be too much going on.

### Virgo

Aug. 24 - Sept. 23

You have so many options that it may get a bit too confusing. What happens over the next two or three days will nudge you in the right direction. Any choice is a good choice.

### Libra

Sept. 24 - Oct. 23

From the look of your solar chart, it would appear that someone is hoping you will say or do something they don't have the guts to say or do themselves. You don't mind.

### Scorpio

Oct. 24 - Nov. 22

Don't stop to question why you are following a certain course of action. The fact that you have begun means you need to go all the way, regardless of whether your initial choice was right or wrong. Just do it.

### Sagittarius

Nov. 23 - Dec. 21

You are proud of your openness to new ideas but one idea you encounter today may be a bit too much for you. Does it make you feel uncomfortable that an unpleasant belief may be true?

### Capricorn

Dec. 22 - Jan. 20

It seems you have something to say that is likely to hurt the feelings of more sensitive sorts. Say it anyway because someone has to tell the truth.

### Aquarius

Jan. 21 - Feb. 19

Spend time with friends today because they can help you get past the negative thoughts you've been having of late. You've done so much for them that they will jump at the chance to repay your kindness.

### Pisces

Feb. 20 - March 20

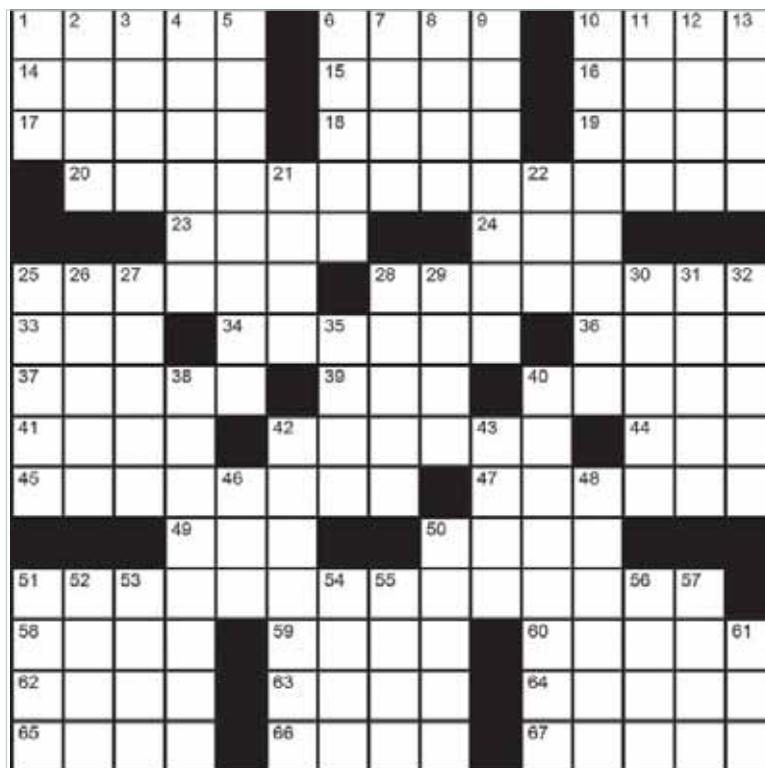
What happens today will make it clear where you stand with certain people and why your association is unlikely to last. Not all relationships stand the test of time. Move on to better things. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Cable news channel
6. Cutting remark
10. Gladiator's 451
14. Standoffish
15. Wing-shaped
16. Iron, and others
17. 1994 gold medal figure skater, Oksana

18. Not wild
19. Kind of lily
20. Its slogan is 'Let's get moving.'
23. Belgium neighbour, for short
24. Anonymous surname
25. \_\_\_ corpus
28. Canadian show
- Tracy Moore hosts
33. Ms. Gardner
34. Money, informally
36. Top\_\_\_ washer
37. Court garbs
39. Hit the jackpot
40. Singer Ms. Braxton's
41. Classic record label
42. Livestock food
44. 'Select' suffix
45. Ancient strong guy
47. Mimer Mr. Marceau
49. "\_\_\_ questions?"
50. Flintstones pet
51. Canadian-invented board game: 2 wds.
58. Mystique
59. Hot



60. Becomes threadbare
62. Make a scarf
63. Above
64. "Stand By Me" by Ben \_\_\_
65. 'Fin' finisher
66. Longbow woods

67. Was introduced to again, say

### Down

1. Fairy queen in literature
2. \_\_\_ on some paint
3. 'Para' suffix ('I'm

- being watched!" feeling)
4. Matt Damon flick, "The \_\_\_ Supremacy" (2004)
5. Ti-Cats, Stamps and Bombers: 2 wds.
6. Collection of stuff

7. Jai \_\_\_
8. Incline
9. Scope
10. Diana Krall's musician hubby, Elvis \_\_\_
11. Three: German
12. Toy building block
13. Glenn Frey's "The

- Heat \_\_\_": 2 wds.
21. "Don't make \_\_\_ complicated.": 2 wds.
22. Not forthright
25. Severe
26. "Let's take \_\_\_."
27. Jean de Brunhoff's elephant
28. Lummoxes
29. "...\_\_\_ my Anna-bell Lee..." - Edgar Allan Poe
30. Ancient Greece column style
31. Gullible
32. Car named after Henry Ford's son
35. "\_\_\_ is me." (Sniff, sniff)
38. Dig up
40. Catch a connecting bus
42. "...only \_\_\_ / I don't know where my soul is..." - Nelly Furtado
43. Title in Turkey
46. Prefix to 'form' (Soldier's suit)
48. Mickey of movies
50. Garbage spots
51. Accept
52. Bits of vocal acrobatics
53. Van Gogh flower
54. Tardy
55. Ship's front
56. "\_\_\_ to please!"
57. England's Newcastle-upon-\_\_\_
61. Beatles' Pepper, e.g.

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

2	8	9	1	7	5	4	3	6
4	7	1	8	6	3	2	5	9
3	6	5	2	4	9	1	7	8
6	3	7	5	1	8	9	2	4
9	1	2	6	3	4	5	8	7
5	4	8	7	9	2	3	6	1
8	9	4	3	2	7	6	1	5
7	2	6	9	5	1	8	4	3
1	5	3	4	8	6	7	9	2

				9	4		8
8	4		3	5			9
	7						
3		8		4	6		
9							7
		5	9		3		1
						5	
6			1	3		8	2
2		3	7				

Today



14°/-2°  
Showers

Wednesday



8°/-3°  
Showers  
80%

Know what the weather  
will be 14 days from now.  
Check the 14 day trend.

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#### ACID SCRATCH TEST

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1

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